



COMMUNITY SERVICE NEWSLETTER

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COMMUNITY SERVICE NEWSLETTER is published six times a year by Community Service, Inc. Our purpose is to promote the small community as a basic social institution. One issue each year is sub-titled Community Comments. Because there has been some confusion about whether we have two separate publications, each issue, including the Community Comments issue, will hereafter bear the heading COMMUNITY SERVICE NEWSLETTER.

health & community

ACCENT ON HEALTH: SOME PIONEERS IN POSITIVE HEALTH OVER THE PAST THREE DECADES

Health is primarily the people's business. Professionals and government have their places, but their role is subsidiary. Twenty-three years ago Richard Waverly Poston, a leading community organization worker at that time, asserted in the pages of the American Journal of Public Health:¹

Public Health is not only a product of community action, it is a product of the community itself. There is no such thing as a health problem existing all by itself any more than there is a school problem or any other public problem existing all by itself. The real problem is the community. For the health of the public, or the state of physical, mental and social well-being of the people who make up the public, is a product of the community in which it exists, and is in some vital way related

to the total complex of community functions. Life is not a part, but a whole, and in this respect a community is no different from an individual.

Robert P. Whalen, M.D., Commissioner of the New York State Department of Public Health, expressed views similar to Richard Poston's in a syndicated column as recently as April 26, 1977:²

Can we really buy better health by spending ever-increasing sums on acute health care? There is a growing body of evidence that we cannot, that despite our faith in hospitals and curative medicine we may be worshipping in the wrong church...

...Herman Somers, a distinguished commentator on United States health-care policy, recently concluded that "the greatest potential for improving the health of the American people is probably not to be found in increasing the number of physicians or hospital beds but rather in what people can be motivated to do for themselves".

Many of our most difficult health problems, such as cancer, heart disease

and accidental injury, have a built-in behavioral component: We eat, drink, worry and smoke too much, and we drive too fast. Clearly, the solution to problems such as these cannot be realized through acute intervention in hospitals; if they are to be solved at all, we must change our style of living...

...a long-term study done in California indicates that men and women at age 45, who follow six or seven of the following health practices, have an average life expectancy that is 11 and 7 years longer, respectively, than similar contemporaries who follow fewer of these practices: getting seven or eight hours of sleep a night, eating breakfast, eating regularly and not between meals, keeping a normal weight in relation to height, refraining from smoking, exercising regularly and drinking moderately.

Unless we assume such individual and moral responsibility for our own health, we will soon learn what a cruel and expensive hoax we have worked upon ourselves through our belief that more money spent on health care is the way to better health.

Since the beginning of this century a revolution has been getting under way in recognition of health as a major subject of concern and study as contrasted with the treatment of disease. This developed independently in a number of places over the world.

Almost a century ago a horse and buggy rural doctor was impressed that the days when he had forgotten his medicine case and arrived at a remote rural home he got better results from doing the only thing he could do: inquire into circumstances of health and give advice in cleanliness, nutrition and good health sense. Out of this grew the career of one of the outstanding mavericks in the health field,

Dr. John Henry Tilden.

During the 1930's in England a laboratory study was undertaken in human biology, concerned with the individual in the context of human society in the modern world. This was reported in a number of books, the best known of them being "The Peckham Experiment, A Study In The Living Structure Of Society".³ Health in human life with all its ramifications was the object of the study. The living laboratory for this study was a community center of a few thousand people in London, England, called the "Pioneer Health Center".

The reasoning behind this research was as follows: "The process of health was itself a subject worthy of study. The Science of Health--or living--and the science of pathology are antithetic sciences." The hypothesis was that of the two "health was the factor of primary importance for human living". In the course of this study health was shown to be a psycho-social and not just a physical and individual condition. Spiritual, mental, social, economic and environmental aspects of life are all part of a seamless whole.

Simultaneous with the work of the Pioneer Health Center a number of other studies were independently undertaken in England and America with the same concern, and also with the involvement or direction of physicians dissatisfied with medicine focused on pathology and disease.

Dr. W.R.P. Emerson, when professor of pediatrics at Tufts Medical School, sought to find an objective measure of influences and factors that led to improvement or to deterioration of health and nutrition. He discovered that the power of the body to normalize itself out of sub-normal conditions of health was a sensitive indicator of beneficial and of harmful influences augmenting or reducing the

normalizing powers of the body. He hit upon normalization of weight from overweight and underweight conditions as a means of measuring influences on health. Using this instrument of measurement Dr. Emerson studied the health of large groups of people. With the correctives in health conditions learned from this procedure Dr. Emerson and his associates were able to have large participating groups improve their health with a 45% reduction in disease and death rates, as at Dartmouth College and the employees of the home office of the Aetna Life Insurance Company. Like the pioneer Health Center scientists, Dr. Emerson came to recognize that health is a subject distinct from disease, for a person can have freedom from disease without having health. He wrote on the subject in the Tufts Medical Journal:⁴

I found that children who, after many examinations were found to have no disease, were still far from being well. I found the causes of their poor condition to be in their faulty health habits; as compared with physical defects in the proportion of five to one. I then found that these same faulty health habits of childhood were continued into later life and that they were the essential causes of physical unfitness.

Dr. Emerson sought to bring this consideration of health to the attention of the medical profession, but he was largely ignored. He questioned:

Why is not the diagnosis of health taken up by the medical profession in the same way as the diagnosis of disease?

First, the diagnosis of health is not considered by the medical profession as a subject requiring special study... A person's health is usually impaired long before he is sick, but during this early period the causes of his impaired

health are not studied.

Second, because of this attitude toward health, its diagnosis is not taught in the medical school and as a result the medical student... begins his practice... with little or no knowledge of the causes of impaired health. In fact, the more he knows about disease the less he is likely to know about health.

Third: Patients are willing to go to their physicians and pay for the diagnosis and treatment of disease, but not for that of health.

Fourth: If the physician becomes identified with health work he is considered to have strayed from the fold of his own profession.

Because of the precise quantitative control Dr. Emerson developed for the study of health he was able to get improvement in health beyond others who have engaged in such work. It was achieved by processes far less expensive and more beneficial than dealing with the end results of ill health. The bulk of the work was done by a lay person--a physical fitness worker.

Particularly important in Dr. Emerson's findings (like others of those pioneer doctors) was that all biological functions require nervous energy. A disordered or or an exhausted supply of nervous energy leads to impairment of life, health and resistance to disease. Dr. Emerson had started out with attention to good nutrition. He found that good nutrition depended as much on people being rested and under good environmental conditions when they ate as on the quality of the food.

The great pioneer in nutrition, Henry Clapp Sherman of Columbia University, in an article in The New Outlook in the 1950's wrote of his conviction from his research that the early development of senility

among expensively trained professional people was unnecessary. With attention to conditions of positive health the onset of senility could be delayed to give decades of longer life, doubling the period of usefulness of highly trained people.

Dr. Sherman concluded from his laboratory studies of nutrition that the elimination of meat from the large place it has in the American diet might extend the period of life before senility set in by as much as twenty years. This would require understanding of good nutrition, such as the Seventh Day Adventists have pioneered in their vegetarian way of life.

Not only is this emphasis on positive health important in the achievement of health, but it has a far greater part to play in dealing with disease than the medical profession has recognized. For example, Dr. James P. Isaacs, on the faculty of Johns Hopkins University and a pioneer in heart surgery, found that the heart surgeon was treating the end results of poor health habits, but not correcting the habits that led to the heart disease to prevent recurrence of similar trouble in the near future. A newspaper report of Dr. Isaacs' talk to the Yellow Springs Better Health Cooperative in April, 1977 described his successful experience.⁵

Isaacs said he has worked for 15 years with a group of 25 patients with severe coronary heart disease, all of whom had had at least one heart attack, and 14 of whom had had heart or blood vessel surgery.

The expected death rate among such a group, even with good medical care, is 8 to 10 per cent a year, he said. Three persons in his group have died [in the last 15 years].

He ... says his approach has been basic

"holistic medicine" to which he has added "a proper respect for vitamins and trace mineral balance in the body".

Like most doctors, he insists that his post-heart attack patients stop smoking, cut down alcohol consumption, work on solving family problems, and switch out of stressful job situations.

But he also adds the trace minerals zinc, manganese and copper, and estrogens and thyroid extract to their diets.

Most traditional folk societies over the world had developed, over long periods of time, traditions in ways of living and food supplies appropriate to their areas for achieving relatively good nutrition and health. Then when modern commerce and economic systems extended into these societies the old ways were displaced, resulting in a great breakdown of health and nutrition. Such was the conclusion of Dr. Weston Price's world-wide search among traditional peoples reported in his book Nutrition and Physical Degeneration.⁶

To have good health and nutrition today we have to build a coherent and adequate order of life in terms of modern knowledge and food supplies. This is a task in which individuals, families, communities, schools, professions and governmental services are all required. The processes by which a sick society is to build a new era of health and well-being were described by Dr. James Halliday in his book Psycho-Social Medicine, which we reviewed in Community Service News⁷ twenty-eight years ago. Dr. Halliday was a prominent British psychiatrist with an unusually broad background as general practitioner, physician and public health administrator. We close with this quotation from Psycho-Social Medicine:

...only insofar as human beings can be persuaded to face consciously the pro-

blem of the sick society (which is both within and without us) is the trend toward devitalization...likely to be checked. The practical problem therefore is: How can individuals become aware of the situation? The answer would seem to be that everyone who becomes cognizant of and moved by the issues involved must introduce the subject to the groups to which he belongs...

It is interesting to recall how a new vision spreads. A few individuals, perhaps scattered in space and without inter-communication, become inspired with the significance of a new vision and its 'message'. They infect others and thus act as foci of spread and of attraction. Gradually a new social 'movement' appears, beginning with small circles whose members have 'enthusiasm'. As the circles enlarge they come to intersect one another and coalesce, so that rapidly or slowly a social re-formation and re-naissance takes place.

The new medicine provides us not only with a new perspective but gives us a better sense of proportion. For example, what shall it profit a community if it adds three inches to the average stature of its members and regards this as social progress when in reality the community is in a state of social regress?

--Griscom Morgan



- (1) Poston, Richard Waverly: "Public Health-Product of Community Action", American Journal of Public Health, Vol. 44, No. 3, March, 1954, p. 303.
- (2) Whalen, Robert P., M.D., Commissioner of the New York State Department of Public Health: "Health Care Starts with I's". Xenia Gazette, Xenia, Ohio, April 26, 1977.
- (3) Pearse, Innes H., M.D. and Crocker, Lucy: The Peckham Experiment. George Allen and Unwin, London, 1943.
- (4) Emerson, W.R.P., M.D.: The Diagnosis of Health, Appleton, New York, 1930, and "Health for the Having", Tufts Medical Journal, Vol. XIII, No. 4, March 1946.
- (5) Isaacs, James P., M.D.: Address to the Better Health Cooperative, Yellow Springs, Ohio, April, 1977, as reported in Dayton Daily News.
- (6) Price, Weston, M.D.: Nutrition and Physical Degeneration, published by Paul Hoeber, 1939. Enlarged 4th edition published by author, 1945, Redlands, California.
- (7) Halliday, James, M.D.: Psycho-Social Medicine, Yale University, 1949. Reviewed in Community Service News, Vol. VII, No. 3, May-June, 1949, p. 82.

THE BETTER HEALTH COOPERATIVE in YELLOW SPRINGS, OHIO

The village of Yellow Springs, Ohio has long had a concern with health and how to achieve it. When the founders of Antioch College were looking for a place to locate in 1853, Judge Mills (along with a gift of land and money) boasted that the town was so healthy its inhabitants had to go elsewhere to die! During the last quarter of the 19th century, people came from far and wide to drink the water of the "Yellow Springs" and to bathe in the Memnonia Pool--the pool of healing--which you may still see along the trail in our beautiful Glen Helen.

Through the years people became more "learned" and the pool is now choked with weeds. But the spark of distinctive concerns characteristic of Yellow Springs was always there. In the 1920's came Arthur and Lucy Morgan to revive the

dying Antioch College, bringing with them the ideal of simple living and a healthful diet. Some of Lucy Morgan's recipes (especially her wholewheat bread) became legendary in the community. A group of Antioch students whom she fed for \$2 a week in a cooperative kitchen during the depression years have cherished memories of this as one of their outstanding college experiences.

So it came about, in the early 1970's, that a group of Yellow Springs residents got together to form the Better Health Cooperative of Yellow Springs, with the aim of improving the health of its members and of the larger community, through education, increased motivation for healthful living through group involvement, improved diet and exercise, and lowered costs of comprehensive laboratory tests, vitamins, etc.

The mainsprings of enthusiasm in this effort stemmed from Wilberta Eastman, better known as Billie, who had been interested in natural foods and improved diet for the past twenty-five years. She told me of her efforts to get some kind of health plan started in the community and of how, finally, she invited here Dr. Emanuel Cheraskin, a dentist and author of numerous books and papers on preventive medicine and nutrition.

The activities which brought about his visit to Yellow Springs, the preparations for his "message", and the follow-up after his departure are of great significance. At least three factors had a major influence in bringing him here. One was the familiarity of several influential people with the work of Jonathan Foreman, M.D. of Columbus, Ohio. He was helping to plan a clinic for the Natural Food Associates where people could spend a week being tested and systematically learning to use nutritious foods, to cook, to exercise, etc. in ways appropriate for

their individual needs and ailments. Dr. Foreman stressed the importance of revised life styles for better health. Such a clinic, however, would not answer the needs of a community. He felt that if any community could start a preventive health program, Yellow Springs would be that one.

Another local group which helped prepare the way was a joint college and community food cooperative, defunct after about two years of operation. Funds which remained after its demise were used to help pay for Dr. Cheraskin's visit. Also, the cooperative had strengthened (and awakened) interest in healthful eating habits and in cooperative community projects in general.

The third group which helped with Billie's efforts was the Yellow Springs Natural Foods Associates, started in the late sixties. Basically, this group represented the long-term community interest in relatively simple health foods, following up on the interest originally aroused in this by Arthur and Lucy Morgan. It also focused interest in a do-it-yourself version of Dr. Foreman's clinic.

When Dr. Cheraskin visited Yellow Springs in February, 1974, following a schedule carefully prepared by a group of concerned people, he talked with physicians in the community, local business and governmental representatives, school personnel, college students and, finally, delivered a well-advertised and well-attended public lecture. He was a very effective speaker who convincingly presented his philosophy of preventative medicine. Also, he provided a general outline of how a community group might operate to obtain group medical tests and the analysis of those tests. He indicated that he was willing to serve as a resource person, but that the community would have to evolve its own program under its

own leadership.

From a group of volunteers a small nucleus was formed which included two physicians, a college biology professor, a dentist, a professor of physical education, and three individuals with long-term interests in health, nutrition, exercise and cooperative public groups. There followed several months of effort, and finally the general plans for a "community health group" were presented to the public. As interest developed, the goals and methods of operation of the group became more clear. Eventually, the name of "Better Health Cooperative" (BHC) was accepted and a brief brochure was issued to describe the group and its program.

This brochure indicated that the BHC offered education, periodic tests and group analysis of such tests. The education would especially relate to nutrition, exercise, preventive medicine and the effects of modern technology on health. The periodic tests would be designed to inform the individual of his metabolic state and any change over time. He might take his report to a professional for analysis. Through this analysis, the results of the tests would be more meaningful to each individual.

Here are some quotations from the initial brochure:

WHAT IT IS

The Better Health Cooperative is a group of concerned citizens who believe that the search for good health is a continuous journey. Its members support each other in the pursuit and maintenance of physical and mental well-being. Through a program of education, periodic tests, and comparative analysis, each individual gains knowledge which enables him to improve his health and thereby reduce his susceptibility to disease.

WHAT IT DOES

The Better Health Cooperative provides a health evaluation and improvement program. It is not a disease-detection program, and it does not replace any medical service. By encouraging its members toward well-being, and by identifying their potential problems, it alerts them to symptoms which they may wish to bring to the attention of their physician.

WHY IT WAS STARTED

Modern medical science has been highly successful in controlling devastating infectious diseases, while the incidence of chronic diseases--such as arthritis, cancer, and cardiovascular dysfunction--is increasing at an alarming rate. It is to these health problems that the BHC members address themselves. Through joint effort and mutual concern, they motivate one another to pursue the continuous journey toward good health.

Membership in the BHC was established at \$5.00 per person and \$10.00 per family regardless of number. Most members come from the immediate community of Yellow Springs, but some come from as far as 60 miles away. Membership has grown steadily, starting with 62 individuals in August 1974, to 147 in September 1975, and 220 in January 1976, with more and more coming from out of town. At present the membership is \$6.00 per person.

The BHC has sponsored several community lectures on various aspects of health. It has conducted four major group testing programs in which blood specimens and hair samples are sent to a laboratory for analysis at a reduced group-rate. The results of all tests are provided to each individual for his retention. The meaning of the test results are discussed in group meetings. If necessary, individuals

can follow up with their own physicians any problems uncovered.

Sub-groups have been formed of individuals with common health problems or interests. One in particular among the sub-groups is focussed on meditation and the spiritual aspects of healing and preventive medicine. Billie told me she thought a Biofeedback machine would be very helpful, which we could learn to work ourselves and from which we could learn how to control parts of our bodies. Such a machine speeds up the process of meditation and relaxation. Many members do already practice some form of daily meditation or spiritual 'in-tunement', in connection with their aim for better health.

The BHC has maintained stable membership, leadership and general direction. To date, it has had only one paid employee for a few hours each week. That person has primarily maintained the group's medical and financial records. The BHC seems to be fulfilling a need in the community and is operating effectively. Present indications are that it will become a self-sustaining community institution.

The greatest problem is communication, especially with new members. Each one needs to become more responsible for others. Another need is to have all our lectures printed, at low cost. Reports on blood tests are also a learning session for members. Communication between participants is mainly through Billie's newsletters and contacts at meetings. Members feel there is a need to get together and discuss their own particular problems, such as being overweight, having too much cholesterol or high blood sugar. It is then a case of laymen speaking with laymen and professional members, helping each other in studying their particular problems.

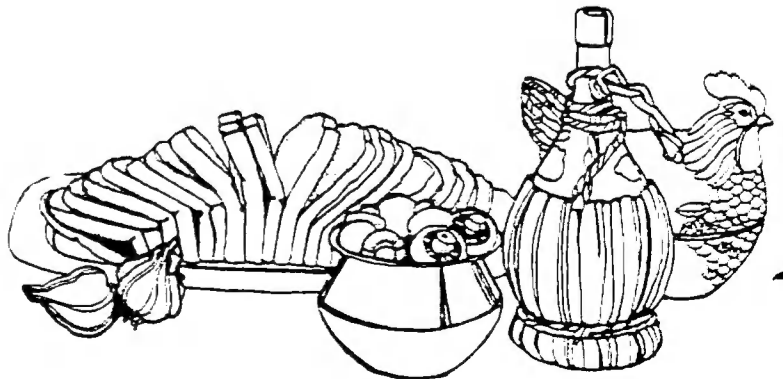
As Ed Hertzberg, Board member of the

BHC, says:

Just comprehending the labels or even the content, however, is not enough; for real benefit from such rich fare, (as the information provided by the BHC) each individual must himself absorb and digest the material, and make it a part of his own being. Everyone who feels a desire for improved health is welcomed to frequent lectures and discussions, and will receive guidance and encouragement in whatever changes of life-style may be called for.

In sum, the BHC is a better way of approaching health maintenance in the future, with the individual aware and responsible and directing it at a price he can afford. Expenses begin when you get in professional advice. Because of this, people generally wait until they are sick before seeking help. We can become more sensitive to our own needs, learning gradually what our individual needs are. The BHC has prompted greater awareness of healthful living patterns in the community, and has provided a direct contribution to several individuals' improved health. We hope it may offer guidance and inspiration to other communities.

--Margot Ensign, member of BHC
Background & Resource:
Billie Eastman and Tim Morgan



COOPERATIVE COMMUNITY FORMING

Long time member and former trustee of Community Service, Jim Wyker, is planning a new cooperative community near Berea, Kentucky. The plan is to use 100 acres of abandoned farmland for building perhaps 300 units over a dozen years. There would be townhouses, duplexes and single homes with each unit held in perpetual lease.

Although membership is open, Jim is trying to attract people who share belief in and experience with cooperative ideals. One of Jim's immediate goals is to organize a producer's co-op construction crew to help families build their own houses. The mix of housing style should make it possible for a wide age and income range of such people to afford membership.

The community plan includes preserving two wooded gorges, building a civic center, playgrounds and gardens. Jim sees the human and technical devices as complementary. He expects to organize a credit union for internal financing and hopes consumer and producer co-ops will develop. On the technical side, use of solar and wind energy are considered vital to the community style.

Jim sees the Israeli "Moshav" as a model for this new community. The Moshav is a cooperative agricultural village of smallholders. Individual families maintain separate leaseholds within a wider cooperative atmosphere. Structures of ownership and work vary.

Community Service sells the book FORMS OF SETTLEMENT by Efraim Orni which describes the development of the various Moshav and Kibbutz forms. It was published in 1963, has 178 pages and sells for \$2.00 plus postage. For more information about Jim Wyker's dream write

him at 111 Bobolink, Berea, Kentucky 40403.

--Don Hollister

bela banerjee

Excerpts from a letter from BELA BANERJEE, January 26, 1977. Bela has been the public health nurse at Mitraniketan for many years and was responsible for training many young women as health aides, who have later become nurses.

In November I went to my sister in Calcutta and on my way I stopped in Orissa. People had asked me to come and see their work for a long time. After the 1975 famine one of my pupils has started collecting orphans. Now there are five hundred children divided over three centres. She is running one of the three centres and she is supervising the other two. (The) Condition of those children is really terrible, some of them were found sucking their dead mother's breast. This woman is looking after 80 children herself; meanwhile she is organizing this project because it only just started and very much still has to be done.

...It is in the forest area on 31 acres of land given by the Government of Orissa. Since she is alone, she badly needs the help of somebody to look after the children. The idea is to develop that place for agriculture where the children can work as well. Because some are tribal children, the Tribal-Welfare Department wants to help building hostel and school. OXFAM said they will help with water for irrigation and drinking, by building pumps

and wells. I know some high state government officials from former American Quaker project in Orissa and they are found willing to help. During my absence from Mitraniketan the health assistants did very well and I feel strongly that I am much more needed in that place in Orissa now. I was so much shocked by seeing those children and I think my presence as a trained nurse will be more valuable there. Dr. Kohler will be back in Mitraniketan soon and when she is here, there will be no difficulty since the health workers are all well trained and can manage the health centre quite well...

Because I have worked in Sambalpur district for 10 years with American Friends project in Barpali Village, I know the people and the language too, it will be OK for me. From Orissa I surely will keep in touch with Mitraniketan. My stay in Mitraniketan has taught me many good things that I can use now in this new project...

Edited excerpts from a letter from nurse Bela Banerjee dated March 20, 1977:

Thank you for your encouraging letter... Surely I will give you the news from time to time about how things are going in the Orissa project. At the moment there is no room for me to stay in. Only a temporary mud shed was built for the children, a nurse and an old lady to look after the children.

I am here to meet all the people who can help us with the hostel building and school. Everything is getting delayed because of the election which I hope soon will be over.

Viswanathan, director of Mitraniketan, writes of Bela Banerjee's new work in a letter received in March of this year:

It seems Mitraniketan health section will have to work for a period without Bela Banerjee... There is a project in Orissa in a very poor part of the tribal areas where she feels more work in the field of health has to be done... I have approved her plan, although I have not seen it, as it is also Mitraniketan's desire to see that similar projects are helped or established elsewhere in India which are of a comprehensive nature. As soon as I can spare some time and some resources I shall visit that project and see what else could be done...

odds & ends

READERS WRITE:

Life in a Kibbutz

I appreciated your handwritten letter and quick reply and encouragement to express more about my feelings and observations in Israel...

I've been interested in the idea of community for a long time, but only in the last few months have I been able to do much reading, inquiring, as I've been studying pre-nursing and working. So your personal reply means a lot.

There were so many things that I experienced living on Kibbutz that I'd never experienced the way I grew up. The feeling of ease and wholeness and health and a trust in life that I think comes from living close to people and nature. The things that were difficult (I talked about political and spiritual directions) I felt in very personal ways,

attitudes in interpersonal relations, attitudes toward children, moving toward more western values--more technology, a higher standard of living (a beauty parlor on our Kibbutz) more material possessions. And it was difficult for me to see people who were very secure and who had a lot of leisure time, do very little with it. (People complained of boredom.) There were also attitudes that I felt were very healthy, their straightforwardness, practicality, impatience with intellectualizing and I've wondered if, because of these things, people in this country are very well-suited for living that way...

I'm also reading a book by Arthur Morgan, The Community of the Future, which is a beautiful book--it surprised me that it's written so long ago.

--Sandy McGunegill, California

World Around Songs

We all enjoyed the most recent "Community Service Newsletter" with the different accounts of Cooperative Recreation Service/World Around Songs. We certainly appreciated the points made by Ernest Morgan in his letter about the co-evolution of a private business and the "social economy" within which the business is set.

--Chris Joyner, Ohio

Our Newsletter

...Your Newsletters have been more and more interesting to read in the past year, and I hope I can keep getting them and also finding ways to distribute some of them usefully. Eventually, a set should be on file at the University of Colorado library to which I give my old ones from time to time.

--Edith Foster, Colorado

We not only welcome letters to the editor, but articles about any exceptional communities you know of or people who are doing unusual things to improve the life in their towns. Anyone submitting an article should enclose a self-addressed envelope if he/she wishes it returned, if we cannot use it. The only recompense for use we can offer is the pleasure of seeing it in print and knowing that you have spread a good and useful idea.

OUR AUGUST CONFERENCE

Our summer conference this year is on the subject of Health and Community, August 19-21 in Yellow Springs, Ohio. The focus will be on the community as a basic unit of health, with the emphasis on positive health as contrasted with pre-occupation with disease and its treatment. This involves the whole person, with concern for social, economic, mental and psychological factors of health as well as nutrition and physical aspects.

Our resource people will be Wilberta Eastman, one of the founders of the Yellow Springs Better Health Cooperative and resident of the Vale Community; Bruce Ashley, M.D. from Quaker Earth, Adams County, Ohio; Del Cline, M.S.W. also from Adams County, who together with Bruce is starting an organization called "Self-Health Associates, Inc.", wherein their practice includes total health care; and Julie Dyer, a nurse-in-training and a resident of Camphill Village, Kimberton Hills, Pa., which community cares for handicapped adults.

Cost of conference will be \$35 for the weekend.

For further information write Community Service, Inc., Box 243, Yellow Springs, Ohio 45387.

1977 SUMMER PROGRAM OF WORK, PLAY AND FELLOWSHIP AT THE ARTHUR MORGAN SCHOOL

There will be eleven week-long family camps starting June 5th and running through August 27th. Mornings will be devoted to work developing the Arthur Morgan School, helping build the new solar house, gardening, or maintenance. Afternoons will be for other activities such as hiking, swimming, games, nature study, meetings--or additional work projects for those who wish. Evenings will be open for recreation and intellectual pursuits.

Leadership will be provided by experienced resource people. Except for certain weeks in which discussions will be organized around a specific theme, such as "Community Organization and Values", June 12-18th, each camp group can map out its own program, making use of the resources available.

Among the staff and nearby friends of the Arthur Morgan School is a wealth of interesting knowledge and experience which is available for informal sharing with small groups. A few special resource people will be brought from a distance to lead organized discussions during particular weeks.

Listed here are some of the resource people: Julia and Harry Abrahamson, Ruth Pope and Susannah Jones, Jane and Griscom Morgan, Dorothy and Robert Barrus, David Blyth, Joe Hamilton and Ernest Morgan.

For further information and registration forms write to either Joe Hamilton or Ernest Morgan, co-directors of the summer camp project, R.D. 5, Box 79, Burnsville, North Carolina 28714.

SPECIAL INSTRUCTION PROGRAM ON SOLAR HEATING

Dick Kennedy, a Celo Community member, is a stone mason, designer-builder and expert on solar heating. He was largely responsible for the design of the new solar house and will supervise much of the construction. This summer he is offering four intensive two-week educational programs in Solar Energy Systems--passive and active. In addition he will offer instruction and practice in stone-masonry and in other building skills as desired.

This program will be associated with the Family Camp Program but will be in addition to it. Participants will be limited to eight each session... There will be an extra fee of \$250 for the two week course, payable to Sunspace Solar Workshops... The dates are given in the registration form and additional information may be had from Sunspace Solar Workshops, Box 71A, Route 5, Burnsville, North Carolina 28714. Richard Kennedy's phone number, for evening calls, is 704-675-5286.

* * * * *

Last fall the Arthur Morgan School had a two day visit from the staff of the National Public Radio who interviewed teachers and students. Some of these interviews were included in the "Options in Education" series entitled, "Are Alternative Schools the Answer?" The program including AMS was aired November 15th. It is No. 53 and may be ordered for \$4.00 in cassette form from Options in Education, National Public Radio, 2025 M St., Washington, D.C. 20037.

A letter received from Options in Education said in part, "Many, many listeners have written to us and told us how much

they enjoyed hearing about your school. We had asked listeners to tell us which school they would have chosen to attend from all the schools we reported on, and the majority chose the Arthur Morgan School."

* * * * *

Ernest Morgan writes that "Jim Lenhart has resigned as editor of the Friends Journal to join Celo Press along with his wife Ann."

* * * * *

VOLUNTEERS

We appreciate the recent office help from member/trustees Ginny Hoffman and Kelvin Van Nuys. Ginny addressed, folded and stuffed for complimentary mailing of the March-April Newsletter/Comments to selected congressmen and economists. Kelvin has returned to update our library file of pamphlets, clippings and correspondence, a file that he organized two years ago.

VISITING CLASSES

Classes from the School of Community Planning at the University of Cincinnati and from the Sociology Department at Wilmington College have visited this spring. We welcome the chance to meet with college groups. Often individual students will renew contact with Community Service on their own in the future.

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NATIONAL VEGETARIAN CONFERENCE

A National Vegetarian Conference will be held at Star Lake Vegetarian Center in Millersville, Pennsylvania June 28th-July 4th. Details are available from the Vegetarian Society of New York, 1133 Broadway, New York, New York 10010.

VEGETARIAN LIFE, published quarterly by The American Vegetarian Association is \$5 per year, and individual memberships, including the subscription plus a special members supplement, are \$10 per year. For further information write to The American Vegetarian Association, 100 Gregory Avenue, West Orange, New Jersey 07052.

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CONSULTATION

Community Service makes no set charge for consultation services formal or informal, but can only serve through contributions and memberships of its friends and those it helps. Our budget is at present \$18,000 a year. We look forward to expanded activity, dependent upon increased contributions. For consultations we suggest a minimum contribution equal to that of the user's hourly wage for an hour of our time.

MEMBERSHIP is a means of supporting and sharing the work of Community Service. The \$10 annual fee includes a subscription to our NEWSLETTER. A subscription alone is \$5 per year. COMMUNITY SERVICE, INC. is a non-profit corporation which depends on contributions so that it can offer its services freely to those who need them. All contributions are appreciated, needed, and are TAX DEDUCTIBLE. Overseas subscriptions are \$7 per year.

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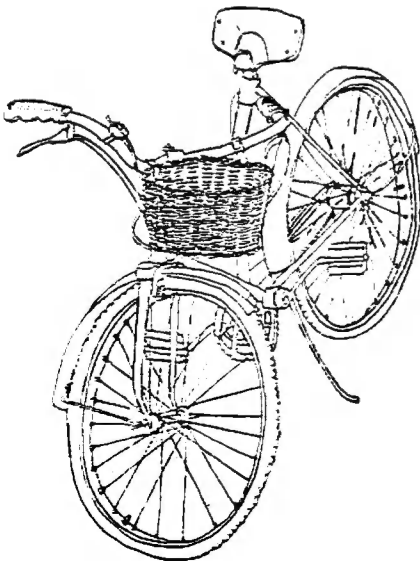
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